

South Brunswick Senior Center/Office on Aging

Monthly Newsletter / May 2022

A Note from Caryl Greenberg, Director



May Is Older Americans Month

Each May, across the country we celebrate Older Americans Month. The population certainly has changed since Older Americans Month was established (as Senior Citizens Month) by President Kennedy back in 1963. Back then, only 17 million living Americans had reached their 65th birthday, now over 55 million people over the age of 65 live in this country. In 1963, over 30% of older Americans lived in poverty; that has fallen to 8.9% (which is lower than the general population). Celebrating older Americans throughout the month is a testament to the resilience and strength that they have built over their lives.

This year's theme is **Age My Way**, which presents a wonderful opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities. **Age My Way** emphasizes that people are never too old to take part in activities that enrich their physical, mental and emotional well-being. The theme also celebrates the many ways that older adults make a difference in communities across the country. Here in South Brunswick, our senior center is a focal point to achieve a goal, to engage in lifelong learning, or to simply have fun! Choices abound: working out in the gym, taking an art or piano class, attending a lecture or relaxing with friends during lunch. We also have volunteering opportunities! In other words, choices of how to spend your day are plentiful! We're each on our own journey, and it doesn't matter how many candles are on your cake. Our lives are full of endless adventures and opportunities: now you choose what to do next!

ESL CLASSES ARE BACK!!! (English as a Second Language)

Do you want to improve your conversational skills and practice skills for going to restaurants, shopping and socializing? Join our very own Geeta Balasubramanian and Gilda Gildenberg for a fun and upbeat hour of conversation!!

It's BBQ Time!!

This month our very own Fred Stein is back to tickle our funny bone with his brilliant comedy and quick wit!! Thursday, May 26th 11:00 am-1:30 pm

Please sign up for this program by calling our office at 732.329.4000 x 7670

Friends will be running a 50/50! Fun times! Good food!! Great friends!!

SAVE THE DATE!!! FRIENDS First TRIP!!

ATLANTIC CITY CASINO BUS TRIP

MAY 25th, 2022

FRIENDS is excited to have chartered a 56 passenger luxury bus (with bathroom) to take us to Caesars Atlantic City! Sign up required/registration by lottery

* Bus departs Woodlot Park at **9 AM** * Returning home, bus will depart Atlantic City at **4:30 PM**

* Cost of this trip is \$35 per person * Casino will allot \$20 per person in play money

For full details get your trip registration forms in the Cheers Room on top of the microwave.

Center Happenings

Adult Coloring- 1st Tuesday of the month 1:30pm Enjoy music, coloring, and making new friends. All materials provided.

Bingo- Mondays 10:00am Bingo is a \$1.00 fee. Purchase \$5.00 Bingo Pass in office. You can share your card with a friend. **Please purchase cards prior to game time.**

Book Club- Thursdays 10:00am Come join our weekly book club where we chat about literature and so much more! With the assistance of South Brunswick Library, a book is chosen for the group and we set a discussion date so members can read at their own pace. Recommendations on books are always welcomed by the group.

Braingames with Ram- Studies show that playing games may improve cognitive health in older adults. Join Ram for a variety of trivia and other Braingames. Every **Second and last Friday** of the month at **12:30 pm**

Ceramics- Thursdays 9:30am – 11:30am Each class is \$3.00 (class card is \$15.00) Cost includes glazes and kiln firing. Additional \$3.00 charge for firing x-large pieces. Firing takes place on the **third Thursday** of the month (or fourth Thurs. if there are five Thurs. in month). **MUST** pick up pieces **last Thursday** of every month. Names or initials **MUST** be on every piece. **Volunteer Coordinators:** Terry Doremus and Rose Marie Gianvito

Storytelling- Third Wednesday of the Month in place of Writing Away 1:30pm Come and tell us your story. Perhaps a reminiscence of childhood, a travel adventure, or an event you were a part of. Every life has stories to tell, and we want to hear yours.

This Month's Movie:

These Old BROADS- Friday, May 6th 10:00am- Four of Hollywood's legendary leading ladies of the past are persuaded to reunite for a television. Divas and Drama! 1h 30m

Respect- Monday May 23rd 12:30pm Following the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom, "Respect" is the remarkable true story of the music icon's journey to find her voice and become the Queen of Soul. 2h 25m

Podcasts/TED Talk Discussion Group Mondays 1:30pm

Listen to a selected podcast or TED Talk independently followed by a group discussion.

May 2nd - TED - The Concept of a Chosen Family and Why US Laws Should Protect it

May 9th - TED- An Unexpected Place of Healing *

May 16th –TED - The Hidden Power of Sad Songs and Rainy Days

May 23rd – Podcast- The Peculiar Physics of the Wiffle Ball

What's On Your Mind? - We have a variety of topics during this discussion group plus trivia, fun facts, riddles, news stories, etc. **Fridays 1:30pm**

Writing Away- Wednesdays 1:30pm Friendly group that gathers to creatively write, read and share their work.

Wait list for Piano- would you like to be placed on the piano lesson wait list? Call the office and let us know.

Special Events- Sign up is **REQUIRED** for these programs.

Please sign up with Jasmine at x 7670 or email jaynilia@sbtanj.net

SAMHAJ NAMI Lecture- (South Asian Mental Health Awareness in NJ) Tuesday, May 3rd 10:00am- Join Beena Bhatcar for a presentation on why mental health is important, reasons we should care about mental health, and where and how you can get help and support.

ESL CLASSES ARE BACK!!- Beginning Wednesday, May 4th 10:00am – 11:00am - Do you wish to improve your English speaking skills for practical uses such as shopping, traveling, and dining out at restaurants? Then this is the class for you! Join Gilda Gildenberg and Geeta Balasubramanian at ESL (English as a Second Language) classes for a judgement free, friendly, and fun learning experience.

Chefs for Seniors hosted by Platinum Homecare- Monday, May 9th 12:30pm – Join Amy Levine Outreach Coordinator, as she's joined by Chefs for Seniors, for a cooking demo and tasting. Chefs for Seniors is a healthy meal service company that provides fresh, nutritious meals for seniors prepared by an affordably priced personal chef.

Repurposing with Art Lee- Tuesday, May 10th 1:30pm – Join Art Lee in turning old things into new things. Friendly crowd and always fun!

Chair Yoga with Ria from Penn Med- Wednesday, May 11th 11:00am

Art Lee Garden Workshop- Wednesday, May 11th 10:30am- Join Art Lee Master Gardener for garden tips. How does your garden grow? It's all about the sprout!

Mosaics with Kathy- Thursday, May 12th & 19th 1:30pm- Join Kathy for Mosaics small projects, materials supplied. If you have a small project that you'd like to cover in Mosaic tiles bring it on in!

Elder Investment Fraud presented by NJ Bureau of Securities- Tuesday, May 17th 10:30am – Join Arlene Ferris-Waks Director, Complaints and Investor Outreach of the New Jersey Bureau of Securities The "Elder Investment Fraud" program looks at ways that older adults can protect themselves against elder financial exploitation. Learn ways to protect yourself & discuss how to recognize red flags.

Crafts with Jill- Tuesday, May 17th & 24th - Birdhouse Making parts 2 & 3 1:30pm

Ice Cream Social Sponsored by Care One- Thursday, May 19th 12:30pm - Lindsay's back, and she's bringing Ice Cream!! Join us for a 50's themed Rock & Roll Ice Cream Social with all the Sundae fixins!

New Member Mingle is Back!!- Third Friday every month 12:30pm- Are you a new member? Want to hear about all the wonderful events, clubs and classes your center offers? Then join us here at the New Member Mingle for some light refreshments, social games, and an opportunity to talk to some of our other members and club presidents. **All members are welcome!!**

Flower Pot Planting Sponsored by United Healthcare- Wednesday, May 25th 12:30pm- Roll up your sleeves and dive in! Maria Natal, Community Outreach Representative for United Healthcare will be here with flowering plants and pots to plant them in.

BBQ Event TIME with Comedy by Fred Stein- Thursday, May 26th 11:00 – 1:30pm This month, our very own **FRED STEIN** is back to tickle our funny bone with his brilliant comedy and quick wit!

Preventive Strategies To Maximize Your Health- Tuesday, May 31st 10:00am- North American Disease Intervention (NADI) is a service-oriented non-profit organization that strives to improve the prevention and management of hypertension and diabetes in local communities through health screenings and education. Join us for Blood Pressure and BMI screening, and simple preventive tips to participants empowering them to improve their physical health."

Suggested Programs

These programs have been suggested by center members, if you are interested in joining, teaching or leading any of the following programs please sign up on the interest sheets at the office window by **calling Jasmine at x 7670 or emailing jaynilia@sbtnj.net**

Antakshari- A spoken parlor game originating in India. Each person sings or speaks a word that begins with the last letter of the previous song or word. This game can be modified to incorporate multicultural play.

Card Games- Canasta, Pinnocle and Poker. Looking for teachers and players!!

Language Class: We have a teacher waiting in the wings! Able to teach Spanish, French and German. Sign up at the office. **Update: 8 signed up for Spanish need 2 more**

Linedancing- Country and today's popular line dances. Nothin crazy just havin fun! All levels are welcome! **Update: 7 signed up, looking for 3 more!**

Travel Club- Love to travel, want to share your stories and experiences with others or do you want to learn about different countries, cultures? This is the group for you!

Update: 2 signed up, looking for 4 more!!

“FRIENDly” Matters

FRIENDS of South Brunswick Senior Center is a non-profit organization, registered with the state of New Jersey, operating within the Senior Center. FRIENDS supports many programs and events at the center. Funds come from annual membership, donations and fundraising activities.

1. **FRIENDS BULLETIN BOARD** - Please take a look at the new bulletin board in the cafeteria. We will use this board as a means of communication for programs, events, and other useful information. Membership forms are also available on this board. We urge you to become a member. Sincere thanks to JillAnn for providing space and resources for setting up this bulletin board.

2. **SAVE THE DATE!!! ATLANTIC CITY CASINO BUS TRIP**- FRIENDS is excited to have chartered a 56 passenger luxury bus (with bathroom) to take us to Atlantic City. **MAY 25th, 2022**

* Bus departs Woodlot Park at **9 AM** * Returning home, bus will depart Atlantic City at **4:30 PM**

* Cost of this trip is \$35 per person * Casino will allot \$18 per person in play money

For full details get your trip flyers in the Cheers Room on top of the microwave.

3. FRIENDS acknowledges and appreciates generous donations from the following members: **Barbara Lee** and **Sunderesa Swaminathan** All donations go into the FRIENDS account which assists in arranging/sponsoring future programs of interest to all of us.

4. **DAY AND TIME CHANGE FOR FRIENDS MONTHLY MEETING**- In the April FRIENDS meeting, it was decided that shifting the meeting to Monday may help to boost attendance. Please note the new day and time. **FRIENDS meeting will now take place on the 2nd Monday of the month. FRIENDS Bingo will begin at 10am, immediately followed by the meeting at 11am.** Meeting will adjourn at 11:30am.

5. **Stay tuned for more great trips such as Mini Golf, Bowling, Paint and Sip and Summer Jam!**

Please consider becoming a member at only \$5 per year and volunteer to help us. Please call or text Satya Agarwal at 862-213-9889 or email at satya.agarwal@gmail.com

If you don't already have an application pick one up at the FRIENDS Bulletin Board

WANT TO ATTEND FITNESS CLASSES OR USE OUR GYM?

Medical Clearance by your Doctor is REQUIRED and needs renewal every 2 years
(Please see Jasmine to fax the form to your physician)

Sneakers and Proper attire are REQUIRED in both gyms.

Shoes must be changed before entering either gym during inclement weather.

***WORKOUT GYM REMAINS CLOSED AT THIS TIME* Masks are optional**

Fitness Class Cost

Fitness Classes are \$3.50 per class. Two payment options are available

10 Class Card for \$35.00 – Buys you any 10 classes of your choice. Repurchase when your card is full.

Monthly Class Card- Buys you Unlimited Classes (that month) of your choice for \$40.00. Repurchase at the beginning of every month.

Class Descriptions

(all classes can be modified to accommodate all fitness levels)

Body Sculpting – Mondays 11:00am & Fridays 10:30am

Total body exercise can accommodate everyone exercises can be done standing or seated. Stretching is done at the end and we finish with a one minute challenge.

BollyX- Tuesdays 10:00am

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.

Chair Yoga- Thursdays 11:30am

Strengthens your muscles, improve your balance, reduce stress and open your heart through modified yogic postures, breath work, relaxation, and meditation. Chair Yoga classes incorporate mainly seated poses; some standing poses are also included, in which students can hold onto their chair for balance.

Drumdance: Monday, May 2nd & 16th at 10:00am FREE Please bring your own fitness ball!

This new fitness trend combines drumsticks and an exercise ball creating one of the most fun workouts ever! Using the exercise ball and the floor as your drum, and we'll mix in some fun dance moves! Drumming increases the heart rate and blood flow, resulting in an invigorating interval workout. It boosts the immune system, increases endorphins and activates those stress busting responses in your body!

Now & Zen- Fridays 2:15pm

Promotes total body restoration by incorporating a variety of holistic healing modalities to maximize controlled breathing, increase mindfulness and channel energy flow. Program will include Pranayama, breath work with stretching, guided meditation, chanting and Reiki. This class is done seated. **FREE**

Sweatin to the Oldies – Tuesdays 12:30pm

Class is done standing. Cardiovascular exercise using popular music mostly from the 50's, 60's and 70's.

Zumba- Wednesdays 10:00am

Dance & aerobic movements performed to energetic music. The choreography incorporates hip-hop, samba, salsa, merengue and mambo. Zumba routines incorporate interval training, alternating fast and slow rhythms — to help improve cardiovascular fitness.

Indoor Walking - Daily in the Morning 9:15a – 9:45a

Afternoons Monday, Tuesday, and Thursday 2:30p – 3:15p **No Reservations needed**

South Brunswick Wheels in Motion!!



Zimmerli Art Museum- May 18th

Departs the Senior Center at 10:15am SHARP

Grounds For Sculpture- June 9th

Grounds for Sculpture is situated on 42 beautifully landscaped acres, and features an evolving collection of contemporary outdoor sculptures by well known and emerging American and International artists.



Point Pleasant Boardwalk- Tuesday, July 12th

Jenkinson's Boardwalk offers a wide range of fun and exciting activities for everyone! You'll never run out of things to do. Aquarium, Arcades, Sweet Shop and a warm sandy beach!

Raindate July 14th

Registration Opens May 3rd!

For more information...
Stop by the Office Window and get your Trip Flyers today!

~~~~~

## **Schedule Your Bus Service Today!**

Call 732-329-4000 x 7363 or stop by the Transportation Office to purchase your bus pass

### **Local Trips Wednesdays 10:30a**

**May 4 – Plainsboro Plaza**

**May 11- Walmart North Brunswick**

**May 18 – Quakerbridge Mall**

**May 25 – Mercer Mall – Lawrenceville**

The transportation department offers trips to physician offices, to supermarkets, errands and to the senior center as well as larger day trips. Please pick up the calendar for additional details.



# Club News

**Senior Advisory Council** – a 13 member board appointed by the Mayor and Township Council who discuss issues that impact the senior center. Everyone is welcome.

**Township Liaison:** Mayor Charlie Carley      **Chair:** Coleen Schlaffer

**Meeting:** Thursday, May 5<sup>th</sup> 10:30am ~ All are welcome to attend, join us!

**FRIENDS** – Friends is a non-profit organization raising funds to promote and supplement the Senior Center activities as well as improve the lives of seniors. Dues: \$5.00/year (resident seniors). Membership forms are available at the office or on our website.

**Co- Presidents:** Satya Agarwal & Mohandas Hemrajani

**Co- Vice Presidents:** Lynne Brown & Geeta Balasubramanian

**Meeting:** Monday, May 9<sup>th</sup> 11:00am      **FRIENDS BINGO- 10:00am**

**\*\*Please note the change in day and time for FRIENDS meeting and FRIENDS Bingo**

\*\*\*\*\*

**Billiards Club-** All welcomed to play daily. Tournaments are played weekly. Lessons on request. Pool club membership is required for tournaments. There is a membership fee.

**Meeting:** First Wednesday of the month at 11:00am

**President:** Ken Peabody [kwpeabody@gmail.com](mailto:kwpeabody@gmail.com) or 732-991-4717

**Bridge Club-** Daily Bridge play. Friendly Duplicate tournaments are played.

**Lessons-** Wednesdays 10:00am with Lynne Brown (**Lessons on Hiatus**)

**Tournaments:** 1st & 3rd Tuesdays of the month at 12:00p- 2:30p (resumes in April)

**Coordinator:** Satya Agarwal [satya.agarwal@gmail.com](mailto:satya.agarwal@gmail.com)

**Knit and Crochet Club-** Supports organizations serving communities in crisis. Yarn donations are always appreciated! Newcomers are always welcomed!

**Meets:** Wednesdays 10:00am - 12:00pm. **Coordinators:** Ann Markey & Diane Duffy

\*\*\*\*\*

**Badminton-** Keep your eye on the Birdie! Wednesdays 1:30 – 4:15 Equipment Provided.

**Ping Pong-** Group play with others! Equipment provided. Weekdays: 8:30am – 4:15pm

\*\*\*\*\*

**Mobile Library-** SB Mobile Library is parked out front main entrance on **Tuesdays 11:45am – 12:30pm**

\*\*\*\*\*

**Donations:** We gratefully accept monetary donations. All donations go to senior programs. Checks are payable to So. Brunswick Senior Center. "Tribute Cards" available \$15 per pack of ten. Donations are tax deductible.

***\*Thank you Hidden Lake Hair Design for your generous donation  
'in memory' of Phil Weinstein.***



**We are always in need of new items for Bingo prizes and door prizes.**

## **From the Desk of Dawn Neglia**

Dawn Neglia, LSW -Social Worker- 732 329-4000 x7212 Email: [dneglia@sbtnj.net](mailto:dneglia@sbtnj.net)

### **May celebrates “Older Americans Month” and what a great time to treat yourself!**

Many retailers offer discounts to the 55+ community and May can be the month where you take advantage! On “The Senior List” website, a list of retailers, restaurants, grocery stores and more will offer a discount to their establishments.

You can access the site at the following link...

<https://www.theseniorlist.com/senior-discounts/>.

**In the spirit of celebrating yourself, it is also equally as important to take care of yourself, both physically and mentally.**

In April, we highlighted “Stress Awareness Month” and May continues that trend with “Mental Health Awareness Month”. It is important to recognize signs and symptoms of depression, anxiety and mood disorders and to discuss concerns with your medical practitioner. On May 3<sup>rd</sup> the South Asian Mental Health Alliance of New Jersey will be presenting on mental health and how to help yourself and others. Please join us at 10am for this special presentation.

Over the last few years, many of us have postponed routine physicals, blood work, dental work and more due to COVID restrictions. Now is the time to start scheduling appointments for these important checkups. If you need assistance locating providers or transportation, please do not hesitate to reach out, I am happy to assist. There are also multiple organizations that will provide “house calls” if you are unable to leave your home for medical/physical reasons.

**Let May be your “reset button” where you take the time to address any of your needs, no matter how basic.**

**Appreciate yourself as much as we appreciate you!**





# **From the Desk of Darlene Dawson**

Benefits Coordinator [ddawson@sbtnj.net](mailto:ddawson@sbtnj.net) 732 329-4000 x7676



**Calls not going through?**

**Lost Your Connection?**

## **3G Cell Service is Going Away**

### **Now is the time to upgrade your older cell phone.**

America's major telecom carriers are shutting down their 3G (third-generation) cellular networks in favor of much faster 4G LTE and 5G systems. But the move may disconnect many older Americans who still have 3G phones.

AT&T has already shut down its 3G network at the end of February, and T-Mobile planned to follow suit this month. Verizon says it will retire its 3G network December 31<sup>st</sup>. People also need to check their homes for 3G related vulnerabilities before then.

Now is the time to do a digital inventory of your home to see if you have devices that rely on "out dated" 3G technology such as:

- mobile phones
- fire alarms
- burglar alarms
- personal emergency response systems.

#### **How many people are at risk?**

Verizon says less than 1 percent of its customers still use its 3G network, but estimates 1 to 3 million people in the US still use 3G cellphones.

#### **Will my device stop working if it has 3G?**

Yes, as carriers phase out the 3G spectrum, your 3G devices will no longer receive a signal and will fail to operate. Think of it like a radio station, today you can still tune in but once that station stops broadcasting there will be no music coming through your radio. This transition is very much the same for 3G to 4G. After the transition your device will still power on and look and feel operable to you but there will be no service to connect you and no one will answer.

**If you have questions, contact your cell phone provider for more information.**



**Penn Medicine**  
**Princeton Health**

Penn Medicine Princeton Health is proud to partner with the South Brunswick Wellness Center to provide you with convenient access to medical care, lab services, community education and physical therapy.

**Lab/Phlebotomy Services:**

Tuesdays from 8:00 AM- 12 Noon walk ins only

**Physical Therapy:** By appointment 609.497.2230

**Primary Care-** Dr. Jose C. Vagario By appointment 609.395.2470

**Community Education-** 888.897.8979

**Call (888) 897-8979 To Register For Penn Med's Lectures**

**Adult / Child CPR- Tuesday, May 10<sup>th</sup> 10:30- 11:30**

The Family & Friends CPR program teaches how to perform CPR in adults and children, and how to help an adult or child who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

**Blood Pressure Screening- Tuesday, May 17<sup>th</sup> 10am – Noon**  
(No appointment needed)

## May Recipe Card

May is National Salsa Month!  
Here's a recipe just in time for Cinco De Mayo!!

### PREPARE SALSA

Did you know that Mexico is credited for introducing corn and chilies to the world? Yum! Try this salsa recipe and serve it with a bowl of corn chips.

- **Ingredients**

- 28-ounce can of whole peeled tomatoes drained
- 1/3 cup chopped green pepper
- 1/3 cup chopped onion
- 3 garlic cloves chopped
- 1/4 cup chopped fresh cilantro
- 2 small jalapeño peppers canned
- 2 teaspoons salt
- 2 teaspoons pepper
- 2 teaspoons chili powder (optional)
- 2 teaspoons cumin (optional)

- **Directions:**

1. Put all the ingredients, except the jalapeño peppers, into the blender.
2. Add jalapeño only a few small pieces to the blender to start off with. You can always add more later if you want it spicier.
3. Blend the ingredients on "chop" until the look mixed. Chunkier, don't blend it too long, Smoother salsa, blend it longer.
4. Test the salsa. If you want more of any ingredient, add it, then blend again briefly.



\*\*\*\*\*

### Fun Facts of May

In any given year, no month ever begins or ends on the same day of the week as May does.

The Empire State Building was officially opened on May 1, 1931, May comes from the Latin **Maius**, probably referring to the goddess Maia. She embodied the concept of growth, both in nature and in business. Others connect Maius with Maiores, the ancestors or "the greater ones."

Conversely, the Roman poet Ovid provides a second etymology, in which he says that the month of May is named for the **maiores**, Latin for "elders," and that the following month (June) is named for the iuniores, or "young people".

In May, the ancient Romans celebrated Floralia, a festival for fertility. Floralia lasted from April 27 to May 3 and included theater plays, dancing, and banquets. The Romans sacrificed a pregnant sow to the earth goddess Terra for a fruitful harvest.

Eta Aquariids meteor shower appears in May. It is visible from about April 21 to about May 20 each year with peak activity on or around May 6. The Arietids shower from May 22 – July 2, and peaks on June 7. The Virginids also shower at various dates in May.

## **Senior Center General Information**

**Senior Center Hours:** Monday - Friday 8:30am - 4:30pm

**Phone #:** 732-329-4000 x7670 -- 732-438-0918 (rotary phones)

**Website:** [www.southbrunswicknj.gov](http://www.southbrunswicknj.gov) (Click Departments, then Senior Center)

**Membership:** FREE Become a member by filling out a registration form, a Covid-19 Waiver form and show proof of residence and age. If you have a family member living with you for at least 4 months, they are welcome to become a member.

**Meals:** We are a congregate meal site for Middlesex County. For a delicious hot meal, call Jodi or Mary at 732-329-6171. Lunch served at 11:30 am, Monday to Friday, must be 60+. Please call by noon one day ahead for reservations.

**Meals on Wheels:** Suggested donation: \$2.75. Please call if you need home delivery.

### **Transportation Department - (Located In The Senior Center)**

\* Bus pass required (50 cents each way). Purchase a \$10.00 (or more) pass.

#### **Wheelchair Accessible Buses**

\* Reservations are required and should be scheduled no later than 3:45 pm for the next day pick up in order to be brought to the Senior Center, food shopping, weekly trips or on the errand shuttle. Please call for Medical transportation with as much notice as possible. AM pick up to come to the senior center and return at 1:30 PM and/or 3:15 PM

\* To cancel "Same Day Service" call (732)-329-4000 x7363 by 8:30 am; leave a message, provide name, address, phone number, and reason for call. Please see the transportation calendar for details.

### **Staff Directory**

To reach our staff members call (732) 329-4000, followed by their extension.

After hours please leave a voicemail. Fax 732.438.9826

|                                                    |              |                                                            |
|----------------------------------------------------|--------------|------------------------------------------------------------|
| Caryl Greenberg - Director, Office on Aging.....   | x7682        | <a href="mailto:cgreenbe@sbtnj.net">cgreenbe@sbtnj.net</a> |
| Dawn Neglia, Social Worker .....                   | x7212        | <a href="mailto:dneglia@sbtnj.net">dneglia@sbtnj.net</a>   |
| JillAnn Foxxe, Program Coordinator.....            | x7675        | <a href="mailto:jfoxxe@sbtnj.net">jfoxxe@sbtnj.net</a>     |
| Darlene Dawson, Program Coordinator (Benefits)...  | x7676        | <a href="mailto:ddawson@sbtnj.net">ddawson@sbtnj.net</a>   |
| Jackie Johnson, Admin. Secretary / Vol. Coord..... | x7677        | <a href="mailto:jjohnson@sbtnj.net">jjohnson@sbtnj.net</a> |
| Jasmine Aynilian, Main Office, Secretary .....     | x7670        | <a href="mailto:jaynilia@sbtnj.net">jaynilia@sbtnj.net</a> |
| Steve Aker, Custodian .....                        | x7350        |                                                            |
| <b>After Hours/Weather Update .....</b>            | <b>x7670</b> |                                                            |
| Mimi Doria Transportation/Reservations .....       | x7363        | <a href="mailto:mdoria@sbtnj.net">mdoria@sbtnj.net</a>     |
| Al Nardi/Transportation Supervisor .....           | x7362        | <a href="mailto:anardi@sbtnj.net">anardi@sbtnj.net</a>     |

### **Meals on Wheels & Daily Meal Program:**

Jody Kehayas, Site Manager (732) 329-6171 [jody.kehayas@co.middlesex.nj.us](mailto:jody.kehayas@co.middlesex.nj.us)



**Follow us on Facebook-** South Brunswick Office on Aging/ Senior Center